



# Colonie High School

## (B) V Outdoor Track

### Coaches:

- Lisa Paparone, Head Coach
- Michael Palmer, Asst Coach
- Jake Johnson, Asst Coach
- Joseph Yamin, Asst Coach
- Brandon Sesay, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 27, 2019	Wed	Regular Season	@ Averill Park High School	4:15 PM		APHS Track	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:30 PM	L
Apr 2, 2019	Tue	Regular Season	Saratoga Springs High School @ Guilderland High School	4:15 PM		GHS Track	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:30 PM	L
Apr 9, 2019	Tue	Regular Season	Shaker High School	4:15 PM		Colonie High Track		L
Apr 12, 2019	Fri	Regular Season (MEDLEY RELAY CHALLENGE)	Burnt Hills-Ballston Lake HS, Schenectady High School (Boys Varsity Track) @ Niskayuna High School	4:00 PM		High School	<b>Departure Point:</b> High School <b>Departure Time:</b> 3:00 PM	L
Apr 13, 2019	Sat	Regular Season (CBA/LaSalle Relays)	TBD @ LaSalle Academy	9:00 AM		LaSalle Academy	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:45 AM	L
Apr 13, 2019	Sat	Regular Season (Warrior Track Classic)	Queensbury, Bethlehem High School, Burnt Hills-Ballston Lake HS, Schenectady High School (Boys Varsity Track), Guilderland High School, Ichabod Crane, South Glens Falls @ Niskayuna High School	9:15 AM	6:00 PM	High School	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:45 AM	L
Apr 22, 2019	Mon	Meet (Ballston Spa Throw Off)	Vs. Multiple	11:00 AM		Ballston Spa High School Gym	<b>Departure Point:</b> High School <b>Departure Time:</b> 9:15 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	NL
Apr 24, 2019	Wed	Regular Season	Bethlehem High School @ Christian Brothers Academy, Albany	4:15 PM		CBA Track	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:30 PM	L
Apr 27, 2019	Sat	Meet (The Anthony Luciano Memorial)	Vs. Multiple	9:00 AM	6:30 PM	Hudson Falls HS	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:30 AM	NL
Apr 27, 2019	Sat	Regular Season	@ Cohoes	9:00 AM		Cohoes HS	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:30 AM	L
Apr 29, 2019	Mon	Regular Season	Niskayuna High School @ Shenendehowa High School	4:15 PM		Shen High School East Stadium (Track)	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 4, 2019	Sat	Regular Season (COLONIE RELAYS)	Guilderland High School	8:30 AM	5:00 PM	Colonie High School MUG		L
May 4, 2019	Sat	Regular Season (Colonie Relays )	Saratoga Springs High School	9:00 AM		Colonie High Track		L
May 4, 2019	Sat	Regular Season	Christian Brothers Academy, Albany	9:00 AM		Colonie High School MUG		L
May 4, 2019	Sat	Regular Season (Colonie Relays)	Niskayuna High School, Shaker High School, Shenendehowa High School, Schenectady High School (Boys Varsity Track), Ballston Spa High School, Bethlehem High School, Albany High School, Burnt Hills-Ballston Lake HS	TBD		Colonie High Track		L
May 14, 2019	Tue	Meet (SSC Championships)	Vs. Multiple	4:15 PM		Track		NL
May 16, 2019	Thu	Meet (SSC JV Championships)	Vs. Multiple	4:15 PM		Saratoga Springs High School	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:30 PM	NL
May 18, 2019	Sat	Regular Season (Eddy Meet)	@ Schenectady High School (Boys Varsity Track)	9:00 AM		Colonie High Track	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:30 AM	L
May 22, 2019	Wed	Post-Season (Group 1 Co-Ed Sectionals)	Shenendehowa High School, Schenectady High School (Boys Varsity Track), Albany High School, Saratoga Springs High School, Shaker High School, Bethlehem High School, Niskayuna High School, Columbia High School, Ballston Spa High School, Troy, Queensbury, Amsterdam, LaSalle Institute @ Guilderland High School	3:00 PM	8:00 PM	GHS Track	<b>Departure Time:</b> 1:15 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	NL
May 30, 2019	Thu	Meet (State Qualifiers)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:15 PM	NL
May 31, 2019	Fri	Meet (State Qualifiers)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:15 PM	NL
Jun 2, 2019	Sun	Regular Season	@ TBD	9:00 AM		TBD	<b>Departure Point:</b> High School <b>Departure Time:</b> 5:45 AM	NL

Date: 2024-05-19